

# MURRAY SENIOR RECREATION CENTER

**2019**

**Recreation for 55+**

**June**

## Father's Day Celebration

Our FATHER'S DAY CELEBRATION will be held on **Wednesday, June 12** from **11:00-1:00** in honor of all fathers. The cost is **\$1** per person. [Register now.](#)

**Deadline: No reservations or refunds may be made after close of business on Wednesday, June 5.**

Murray City Fire will have booths featuring blood pressure and other health checks along with information on their *Stop the Bleed* program. Murray City Police will offer information on community oriented policing (COP), protecting against fraud and elder abuse, and will have a K-9 demonstration. The BBQ lunch will include a hot dog, chips, baked beans, cookie, and drink. The event is sponsored by RC Willey.

There will be no Chair Aerobics or Bingo on Wednesday, June 12.



## Murray Senior Recreation Center



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-  
Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday  
Closed**

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## 2019 Special Events

|                        |                   |
|------------------------|-------------------|
| Wednesday, June 12     | Father's Day BBQ  |
| Monday, September 9    | Open House        |
| Wednesday, October 16  | Oktoberfest       |
| Monday, November 4     | Veterans Brunch   |
| Wednesday, November 13 | Thanksgiving Meal |
| Friday, December 6     | Holiday Boutique  |



[www.facebook.com/MurraySeniorRec/](https://www.facebook.com/MurraySeniorRec/)  
[www.facebook.com/MurrayCityUtah/](https://www.facebook.com/MurrayCityUtah/)

## 2019 Center Closures

|                        |                  |
|------------------------|------------------|
| Thursday, July 4       | Independence Day |
| Wednesday, July 24     | Pioneer Day      |
| Monday, September 2    | Labor Day        |
| Monday, November 11    | Veterans Day     |
| Thursday, November 28  | Thanksgiving     |
| Friday, November 29    | Thanksgiving     |
| Wednesday, December 25 | Christmas        |

### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Dave Nicponski, District 1  
 Dale Cox, District 2  
 Jim Brass, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

|                    |                   |
|--------------------|-------------------|
| Director           | Tricia Cooke      |
| Programming        | Maureen Gallagher |
|                    | Wayne Oberg       |
| Secretary          | April Guss        |
| Receptionist       | Miranda Carter    |
| Ceramics           | Cindy Mangone     |
| Meals Supervisor   | Allie Rivera      |
| Meals Assistant    | Chris Miller      |
| Dishwasher         | Annie Gardner     |
| Custodian          | Don Smith         |
| Building Attendant | Pete Wright       |

### Advisory Board

**Chair:** Ed Houston  
 Christine Clark      Richard Clark  
 Brenda Clausen      Max Derrick  
 Sandra Jones      Jenny Martin  
 Erich Mille      Pete Wright

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc., which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks in order to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except service animals as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Guss is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for comments.

### Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## Dance Lesson Workshop

Starting on **Monday, June 3** through **Monday, July 8** at **1:00-2:00**, Kyle and Jackie Kidd will be teaching Latin and Social Club dances: Cha-Cha, West Coast Swing, and Slow Dance. This five-week DANCE LESSON WORKSHOP is for beginning-level dancers and no prior experience is required. This is a **free** class. [Register now for you and your dance partner.](#) (No Class July 1)

## Grief Support Class

On **Tuesday, June 4** at **10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in our GRIEF SUPPORT CLASS. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

## Nutrition: Mediterranean Cuisine

On **Friday, June 7** at **10:30**, Ashley Quadros from Harmon's will be teaching us about MEDITERRANEAN CUISINE. We can't get away on a dreamy Mediterranean cruise, but we can eat like it! Not only is Mediterranean cooking delicious, it was also named the best eating style for health in 2019. Mediterranean cuisine offers us bright, fresh flavors and pure ingredients. The best part? It is easy and 100% possible to enjoy in Utah. This is a **free** class. [Register now.](#)

## History Class: The Source of the Nile River

On **Tuesday, June 11** at **10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss the search for THE SOURCE OF THE NILE RIVER in 1856-1859 by Sir Richard Francis Burton and John Hanning Speke. The Royal Geographical Society helped to fund this expedition. Besieged by illness and betrayal, this exploration resulted in a great controversy and rift between the two explorers over the true source of the Nile. This is a **free** class. [Register now.](#)



## eBooks and eAudiobooks Class

On **Friday, June 14** at **10:30**, a representative from Murray City Library will teach you how to use eBOOKS and eAUDIOBOOKS. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address or a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

## CPR/First Aid Class

On **Tuesday, June 18** at **10:30**, George Zboril from the Murray City Fire Department will present a CPR and First Aid class. You will learn basic CPR and First Aid techniques. This is the perfect opportunity to refresh or learn first aid skills that are simple, fast, and easy to master. This is a **free** class. [Register now.](#)

## AARP Smart Driving Class

AARP teaches a SMART DRIVING class on the fourth Tuesday each month. The next class will be on **Tuesday, June 25** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging

Melissa Foulger from Valley Mental Health's VITAL AGING project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, June 25** at **10:30**, the wellness topic will be NAVIGATING NEW TECHNOLOGY. With technology changing constantly, it can be difficult to stay up-to-date with the latest in cyber communication, online etiquette, and new programs. We will discuss how to use technology in a way that adds meaning and simplicity to our lives. This is a **free** class. [Register now.](#)

## Painting Classes

The Fackrells' six-week WATERCOLOR class and ART APPRECIATION class will be on hiatus until September 16. The registration dates and class dates will be in the August Newsletter.

Jeanette Morris' PAINTING class will continue through **Wednesday, June 12 at 9:00-12:00**. A new eight-week session will begin **Wednesday, June 19** through **Wednesday, August 14**. The cost is **\$40**. Registration begins Tuesday, June 4. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

## Crafts

Cindy Mangone's CERAMICS class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of CRAFTERS meets on **Tuesday at 12:45-4:00** to share their skills, knowledge, and socialize. New-comers are always welcome. Bring your ideas and projects to share.

In CRAFTING WITH SUSAN, the project for **Tuesday, June 11** will be a cute sailboat to adorn your shelf. See the sample in the lobby display case. The cost is **\$5** and all supplies are included. Class is at **2:30**. Register now. **The deadline to register is Friday, June 7 at noon** to allow Susan enough time to obtain the supplies for class and cut the wood.



## Cooking Class

Allie Rivera will be teaching a COOKING CLASS at **10:00** on the following date:

- **Monday, June 3** Bell Pepper Pizzas
- **Monday, June 10** Stuffed Taco Zucchini Boats

The cost for each class is **\$5** and includes the recipe and sample. Register now. *Class is limited to ten people.*

## Computer Classes

Bob Beaudoin has one-hour INDIVIDUAL HELP appointments on **Tuesday at 1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour INDIVIDUAL HELP appointments on **Thursday at 2:00, 3:00, and 4:00** and **Friday at 9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week GENEALOGY class will continue through **Wednesday, May 29 at 12:30-1:30**. A new session will begin August 7.

## Computer Lab

The COMPUTER LAB has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or the cash box located in the Computer Lab).

## Integrated Wellness

On **Tuesday, June 25 at 10:30**, we will have a representative from INTEGRATED WELLNESS speak with us about "Stem Cell Therapy." This is a **free** class. Register now.

Integrated Wellness is a clinic that offers care that treats each patient as a whole person, with many specialists in one place. They are committed to helping patients achieve optimal wellness and a higher quality of life. This integrated healthcare group includes medical doctors, nurse practitioners, chiropractors, physical therapy and rehabilitation specialists, medical aestheticians, and weight loss and nutritional experts.



## Summer Family Concert Series

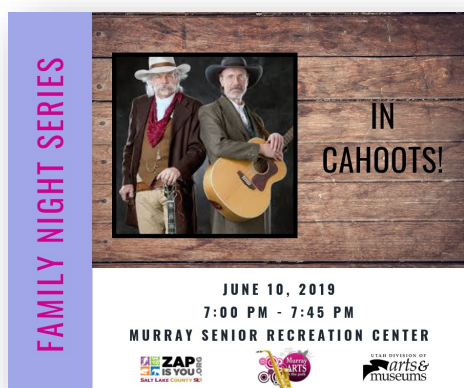
Please note the schedule below for our 2019 Summer Family Concerts that are held on the **2nd Monday June** through **September** at **7:00 pm**. These concerts are **free** for all ages and are held in our Backyard Plaza. Doors open at 6:00 pm.

|                       |   |
|-----------------------|---|
| <b>Monday, Jun 10</b> | IN CAHOOTS ( <i>classic country</i> )   |
| <b>Monday, Jul 8</b>  | SKYEDANCE ( <i>Celtic</i> )             |
| <b>Monday, Aug 12</b> | COMPANY B ( <i>jazz</i> )               |
| <b>Monday, Sep 9</b>  | GREAT BASIN STREET BAND ( <i>jazz</i> ) |

## Family Concert: In Cahoots

From Heber City to New York City, and Jackson Hole to Germany, IN CAHOOTS has entertained audiences with their brand of cowboy tunes and tales for more years than you can shake a stick at. And they're super-excited to be back again with the Murray Family Concert Series!

Pickin' and grinnin' through an acoustic dose of old standards like *Ghost Riders in the Sky*, mixed with a healthy helping of their own originals like *The Marshal and the Outlaw* and *When I Rode for Buffalo Bill*, IN CAHOOTS (Lannie 'The Marshal' Scopes and Craig 'Creek' Johnson) will give you some of the best cowboy entertainment you've ever stomped your feet to. So tug on your Tony Lamas, cinch down your Stetson, and get ready to ride with IN CAHOOTS!



## Murray Senior Rec Center's Golf League

GOLF LEAGUE tournaments are for players 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play. The initial golf league fee is \$7.

Registration (reg) begins the Friday before the tournament prior and the payment deadline (dl) is the Monday prior to the scheduled tournament.

**The Ridge Golf Tournament** was rained out on Monday, May 20 and has been rescheduled for **Monday, September 9**.

|                       |      |                  |      |          |         |
|-----------------------|------|------------------|------|----------|---------|
| June 3                | 8:00 | Murray Parkway   | \$41 | reg 5/17 | dl 5/24 |
| June 10               | 7:30 | Talons Cove      | \$38 | reg 5/17 | dl 6/3  |
| June 24               | 8:00 | Wasatch Mountain | \$45 | reg 6/7  | dl 6/17 |
| Bus available for \$5 |      |                  |      |          |         |

## Birthday Wednesday

Celebrate your BIRTHDAY on the FIRST WEDNESDAY of the month and you could win a free lunch. The lunch is on us if you are turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you have hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Brunch Café

We will be offering our BRUNCH CAFÉ on **Monday, June 24** from **10:00-12:00**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

## Weekly Transportation

WEEKLY TRANSPORTATION to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.



# Monthly Calendar

# 2019

## Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**



**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

| MONDAY  | TUESDAY   |
|---|---|
| 8:00 <b>GOLF:</b> Murray Parkway <b>3</b><br>9:00 NIA<br>10:00 <b>Cooking Class / Tuacahn Trip</b><br>10:15 Pickleball<br>10:30 Chakra Meditation<br>11:00 Bridge Lessons<br>12:30 Balance / Personal Training<br>1:00 Movie: <b>Spy Who Loved Me</b><br>1:00 <b>Dance Lessons</b><br>2:00 Strength Conditioning  | 8:30 Ceramics <b>4</b><br>9:00 Gentle Yoga<br>9:30 Line Dance<br>10:30 Tai Chi<br>10:30 <b>Grief Support Class</b><br>11:30 Lunch<br>12:30 Canasta<br>12:45 Crafters<br>1:00 <b>NO</b> Computer Help<br>2:00 Beginning Line Dance  |
| 7:30 <b>Golf:</b> Talons Cove <b>10</b><br>9:00 NIA / 9:30 <b>Ear Wax Rmvl.</b><br>10:00 <b>Cooking Class</b><br>10:15 Pickleball<br>10:30 Chakra Meditation<br>11:00 Bridge Lessons<br>12:30 Balance / Personal Training<br>1:00 <b>How to Train Your Dragon</b><br>1:00 <b>Dance Lessons</b><br>2:00 Strength Conditioning<br>7:00 <b>FAMILY CONCERT:</b> In Cahoots                              | 8:30 Ceramics <b>11</b><br>9:00 Gentle Yoga<br>9:30 Line Dance<br>10:30 Tai Chi / <b>History Class</b><br>11:30 Lunch / 12:30 Canasta<br>12:45 Crafters<br>1:00 Computer Help<br>1:00 <b>Veterans Benefits</b><br>2:00 Beginning Line Dance<br>2:30 <b>Crafting with Susan</b>  |
| 9:00 NIA <b>17</b><br>10:15 Pickleball<br>10:30 Chakra Meditation<br>11:00 Bridge Lessons<br>12:30 Strength and Balance Class<br>12:30 Personal Training<br>1:00 Movie: <b>Dragon 2</b><br>1:00 <b>Dance Lessons</b><br>2:00 Strength Conditioning  | 8:30 Ceramics <b>18</b><br>9:00 Gentle Yoga<br>9:30 Line Dance<br>10:30 Tai Chi / <b>CPR/First Aid Class</b><br>11:30 Lunch<br>12:00 <b>Medicare Counseling</b><br>12:30 Canasta<br>12:45 Crafters<br>1:00 <b>NO</b> Computer Help<br>1:30 <b>Attorney Consultation</b><br>2:00 Beginning Line Dance                  |
| 8:00 <b>GOLF:</b> Wasatch Mtn <b>24</b><br>9:00 NIA<br>10:00 <b>Brunch Café</b><br>10:15 Pickleball<br>10:30 Chakra Meditation<br>11:00 Bridge Lessons<br>12:30 Strength and Balance Class<br>12:30 Personal Training<br>1:00 Movie: <b>The Hidden World</b><br>1:00 <b>Dance Lessons</b><br>2:00 Strength Conditioning   | 8:30 Ceramics <b>25</b><br>9:00 Gentle Yoga<br>9:30 Line Dance<br>9:30 <b>Smart Driving</b><br>10:30 Tai Chi / <b>Vital Aging</b><br>10:30 <b>Integrated Wellness</b><br>11:30 Lunch<br>12:30 Canasta<br>12:45 Crafters<br>1:00 Computer Help<br>2:00 Beginning Line Dance  |
|   |   |

| WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|--|---|
| 9:00 Painting<br>9:00 Haircuts<br>9:15 Pinochle<br>10:00 Yoga<br>10:00 Transportation<br>10:30 <b>Blood Pressure</b><br>11:15 Chair Aerobics<br>11:30 <b>Birthday Wednesday Lunch</b><br>12:30 Genealogy<br>12:45 Bingo<br>1:00 Bridge<br> | 8:00 Pickleball Instruction<br>8:30 Ceramics<br>9:00 Pickleball<br>10:30 Tai Chi<br>11:00 <b>Masonic Temple (bus 12:30)</b><br>11:30 Lunch<br>12:00 Massage<br>2:00 Computer Help<br>2:00 Strength Class<br>3:00 Readers Theater<br>7:00 Evening Dance<br> | 9:00 Zumba<br>9:00 Computer Help<br>10:00 Yoga<br>10:30 <b>Mediterranean Cuisine</b><br>11:15 Chair Aerobics<br>11:30 Lunch<br>12:30 Strength and Balance Class<br>12:30 Personal Training<br>12:45 Bingo<br>1:00 Bridge  |
| 9:00 Painting<br>9:00 Haircuts<br>9:15 Pinochle<br>10:00 Yoga<br>10:00 Transportation<br>11:00 <b>FATHER'S DAY CELEBRATION</b><br>11:15 <b>NO</b> Chair Aerobics<br>12:30 Genealogy<br>12:45 <b>NO</b> Bingo<br>1:00 Bridge<br>            | 8:00 Pickleball Instruction<br>8:30 Ceramics / <b>Wendover</b><br>9:00 Pickleball<br>10:30 Tai Chi<br>11:30 Lunch<br>12:00 Massage<br>2:00 Computer Help<br>2:00 Strength Conditioning<br>3:00 Readers Theater<br>7:00 Evening Social Dance  | 9:00 Zumba<br>9:00 Computer Help<br>10:00 Yoga<br>10:30 <b>eBooks and eAudiobooks</b><br>11:15 Chair Aerobics<br>11:30 Lunch<br>12:30 Strength and Balance Class<br>12:30 Personal Training<br>12:45 Bingo<br>1:00 Bridge   |
| 9:00 Painting<br>9:00 Haircuts<br>9:15 Pinochle<br>10:00 Yoga<br>10:00 Transportation<br>11:15 Chair Aerobics<br>11:30 Lunch<br>12:45 Bingo<br>1:00 Bridge  | 8:00 Pickleball Instruction<br>8:30 Ceramics<br>9:00 Pickleball / <b>ATK Thiokol Trip</b><br>10:30 Tai Chi<br>11:30 Lunch<br>12:00 Massage<br>2:00 Computer Help<br>2:00 Strength Conditioning<br>3:00 Readers Theater<br>7:00 Evening Social Dance  | 9:00 Zumba<br>9:00 Computer Help<br>10:00 Yoga<br>11:15 Chair Aerobics<br>11:30 Lunch<br>12:30 Strength and Balance Class<br>12:30 Personal Training<br>12:45 Bingo<br>1:00 Bridge  |
| 9:00 Painting<br>9:00 Haircuts<br>9:15 Pinochle<br>10:00 Yoga / Transportation<br>10:30 Advisory Board Meeting<br>11:15 Chair Aerobics<br>11:30 Lunch<br>12:45 Bingo<br>1:00 Bridge   | 8:00 Pickleball Instruction<br>8:30 Ceramics<br>9:00 Pickleball<br>9:30 <b>HAFB Trip / Toenail Clipping</b><br>10:30 Tai Chi<br>11:30 Lunch<br>12:00 Massage<br>2:00 Computer Help<br>2:00 Strength Conditioning<br>3:00 Readers Theater<br>7:00 Evening Social Dance  | 9:00 Zumba<br>9:00 Computer Help<br>10:00 Yoga<br>11:15 Chair Aerobics<br>11:30 Lunch<br>12:30 Strength and Balance Class<br>12:30 Personal Training<br>12:45 <b>NO</b> Bingo<br>1:00 Bridge<br> |
|   |  |   |

## Cards

Informal BRIDGE LESSONS (Chicago/Party) are held on **Monday at 11:00**.

BRIDGE play is on **Wednesday and Friday at 1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

CANASTA is played on **Tuesday at 12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

PINOCHLE tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. LINE DANCE is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Bingo

BINGO is played every **Wednesday and Friday at 12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pick up cards before the start of bingo.

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special THANK YOU to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

Due to special events at the Center, there will be **NO Bingo on Wednesday, June 12 and Friday, June 28**.

## Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



**THE SPY WHO LOVED ME**  
Monday, June 3  
1977 / 125 minutes  
British Spy



**HOW TO TRAIN YOUR DRAGON**  
Monday, June 10  
2010 / 98 minutes  
Animated Fantasy-Adventure



**HOW TO TRAIN YOUR DRAGON 2**  
Monday, June 17  
2014 / 102 minutes  
Animated Fantasy-Adventure



**HOW TO TRAIN YOUR DRAGON 3:  
THE HIDDEN WORLD**  
Monday, June 24  
2019 / 104 minutes  
Animated Fantasy-Adventure

## Readers Theater

The READERS THEATER troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun!

## Evening Social Dance

DANCE to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, Theresa Brandon, and Kneaders Bakery and Café.



## Haircuts

Jocelyn Anderson provides HAIRCUTS on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

## Massage

Joanne Payne provides MASSAGE on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Blood Pressure

Community Nursing Services will be providing **free** BLOOD PRESSURE screenings on **Wednesday, June 5** from **10:30 to 12:00**.

## Ear Wax Removal and Hearing Test

On **Monday, June 10** from **9:30 to 11:00**, Mr. Leibovich will be at the Center providing EAR WAX REMOVAL and hearing testing services. This is a **free** service. Advance appointments are required.

## Toenail Clipping

Dr. Scott Shelton provides TOENAIL CLIPPING every other month. The next scheduled toenail clipping will be on **Thursday, June 27** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Walking Club: Destination San Francisco

Get fit and have fun with the CENTER WALKING CLUB. The benefits of walking include improving cardio fitness, lowering blood pressure, and slowing the aging process.

There is a group that will be walking on Monday mornings. See the Center for a schedule. This summer we will be "walking to San Francisco (743 miles)."

Cost of the program is **\$12** and all participants will receive a t-shirt, pedometer, and monthly calendars to track their progress. Register now and start walking for fitness.

## Veterans Benefits

On **Tuesday, June 11** at **1:00**, Brock McLean, an officer in the American Legion Veterans Service, will provide individualized help to discuss VETERANS BENEFITS, help with filing any claims, and answer general questions about benefits for Veterans. Advance appointments are required.

## Legal Consultation

An attorney is available for a 20-minute LEGAL CONSULTATION at no charge on the second Tuesday (usually) each month. Kyle Barrick will be here on **Tuesday, June 18** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Medicare Counseling

Need help with MEDICARE or supplement issues? Sign up now for individualized help on **Tuesday, June 18** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## Exercise Classes

### GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

This class involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the POOL HALL at the east end of the building.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are **not included** in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The EXERCISE ROOM is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**.

The students teach a **STRENGTH AND BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session will begin on **Monday, June 3** through **Monday, July 22** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. [Register now.](#)

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Masonic Temple

The construction of the MASONIC TEMPLE commenced on July 29, 1926, at a cost of \$750,000. In 2004, Aaron Saathoff (a long time Mason and Center participant) was interviewed by Craig Wirth of KUTV News about the Masonic Temple.

On **Thursday, June 6 at 11:00**, Aaron will present a DVD of his interview. We will break for lunch at the Center (on your own), then **depart at 12:30** to travel to the Masonic Temple for a special tour conducted by Aaron. Cost of the trip is **\$6**. Register now.

## Wendover

Travel to WENDOVER on **Thursday, June 13**, and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person and includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. Register now.

## ATK Thiokol Rocket Garden

We're traveling to the ATK THIOKOL ROCKET GARDEN near Corinne to view an outdoor display of space and military ballistics. The garden includes rockets from the 1950s through the 2000s and includes the booster rocket for the space shuttle and the patriot missile.

The Center bus leaves at **9:00** on **Thursday, June 20**. On our way back, we will have lunch at the Maddox Drive Inn (on your own) in Brigham City. The cost is **\$8**. Registration begins Tuesday, June 4.

## Utah Festival Opera

We will be making two trips to Logan for the UTAH FESTIVAL OPERA to see matinee performances of *Mary Poppins* on **Thursday, July 11** and *The Marriage of Figaro* on **Thursday, July 25**.

Both trips leave at **9:30**, and we will have lunch at the Bluebird (on your own) then see the show at 1:00. The cost of each trip is **\$60**. If time allows, we will visit the Gossner Cheese Factory. Registration begins Tuesday, June 18.

## Hill Aerospace Museum and The Hive Winery

We will undertake this unique and popular trip on **Thursday, June 27 at 9:30** to two diverse locations in northern Utah. Cost of this trip is **\$8**. Registration begins Tuesday, June 11.

Our first stop will be the HILL AEROSPACE MUSEUM located on the northwest corner of Hill Air Force Base. The museum was founded in 1962 as part of the US Air Force Heritage Program and first opened to the public in 1987 to display military historical artifacts.

Next, we will travel to the CRACKER BARREL in Layton where lunch will be on your own.

After lunch, we will visit THE HIVE WINERY, a small, "boutique" Utah winery specializing in premium "non-grape" fruit wines and honey wines. The Hive Winery is close to sources of wonderful fresh fruit and local honey and is working on choosing all the environmentally responsible ways of producing wines. Wine tasting and sales will be available (there is a charge for the wine tasting).

## Utah Shakespeare Festival


We will charter a bus to visit the Tony Award-winning UTAH SHAKESPEARE FESTIVAL, **August 26-28**. Join us as we see three plays this year—*Every Brilliant Thing*, *Hamlet*, and *Macbeth*.

The cost is **\$400** per person (double occupancy) or **\$500** (single room) and includes two nights at the Abbey Inn, chartered bus, dinners at Rusty's and Milt's, and three plays.

Registration begins Tuesday, June 25. A minimum \$50 deposit is required for each participant to register for the trip. **Trip payment in full is required by Friday, July 19 at 4:00**. Travelers may register for themselves and one other person.

Cancellations must be made prior to Friday, July 19 for a full refund. After July 19, trip refund amounts will be on a case-by-case basis.

# JUNE LUNCH MENU

| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY  |
|---|---|---|--|---|
| <b>NO LUNCH</b><br>3  | <b>TUNA CASSEROLE</b><br>Beets<br>Roll<br>Pineapple Cake<br>4                   | <b>HONEY PINEAPPLE HAM</b><br>Roasted Red Potatoes<br>Glazed Carrots<br>Birthday Cake and Ice Cream<br>5            | <b>SLOPPY JOE STUFFED PEPPERS</b><br>Breadstick<br>Pudding Parfait<br>6              | <b>CHICKEN GYRO</b><br>Greek Salad<br>Lemon Bars<br>7             |
| <b>NO LUNCH</b><br>10   | <b>GARLICKY LEMON BAKED TILAPIA</b><br>Green Beans<br>Roll<br>Fresh Fruit<br>11 | <b>FATHER'S DAY CELEBRATION</b><br>\$1 per person<br>Advance Purchase Required<br>Deadline: Wednesday, June 5<br>12 | <b>CHICKEN CARBONARA</b><br>Side Salad<br>Garlic Bread<br>Strawberry Shortcake<br>13 | <b>SHEPHERD'S PIE</b><br>Fruit<br>Chocolate Chip Cookie<br>14     |
| Lunch is served Tuesday-Friday between <b>11:30-12:30</b><br><b>Main Entrée fee is \$4</b><br>Make your lunch selection and then pay the lunch cashier<br>Sandwiches, soup, or salads available as alternatives<br>Prices range from <b>\$2-\$4</b> |   |   |  |   |
| <b>NO LUNCH</b><br>17   | <b>POT ROAST</b><br>Mashed Potatoes and Gravy<br>Veggie<br>Cheesecake<br>18     | <b>TACO LASAGNA</b><br>Spanish Rice<br>Churro<br>19   | <b>REUBEN SANDWICH</b><br>Chips<br>Rice Krispy Treat<br>20                           | <b>CHICKEN CAESAR SALAD</b><br>Breadstick<br>Chocolate Cake<br>21 |
| <br><b>10:00 - 12:00</b><br>24   | <b>CILANTRO LIME SALMON</b><br>Pasta Salad<br>Yogurt Parfait<br>25              | <b>PULLED PORK SANDWICH</b><br>Coleslaw<br>German Chocolate<br>Cupcake<br>26  | <b>CHICKEN AND SQUASH CASSEROLE</b><br>Roll<br>Brownie<br>27                         | <b>CHEESY BEEF GOULASH</b><br>Roll<br>Ice Cream Sandwich<br>28    |
|   |   |   |  |   |